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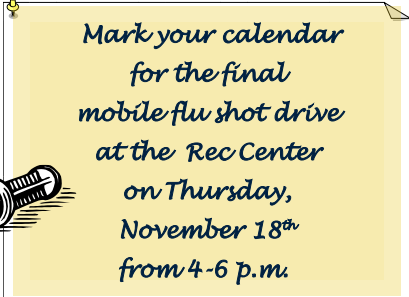


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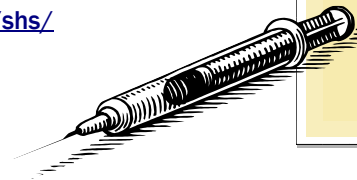
Health Corner: Flu Shots *by Amy Melichar*

Each fall semester brings thinking and preparing for the onset of influenza. While we aren't quite into flu season yet, we are in the middle of prevention efforts. This semester the Marquette University Student Health Service embarked on bringing mobile flu shots drives to the campus community. If you haven't received your flu shot as of yet, there are still a few opportunities to do so. As always, you can call Student Health Service at (414) 288-7184 to schedule your flu shot. Thank you to Rec Sports for offering to host a final mobile flu shot drive. Mark your calendar for Thursday, November 18th from 4-6 p.m. For more information on getting your flu shot, side effects, up-to-date pricing information, etc. please visit the SHS website at <http://www.marquette.edu/shs/>

One last note...a special thank you and shout out to the entire Flu Shot Drive Planning committee for their hard work (especially Lynda & Pam) to Amy Melichar and Jen Reid for coordinating the marketing plan, and to the College of Nursing for their continued support and volunteerism with the project. To everyone who received their flu shot on campus, thank you for helping to support a healthy campus community.



*Mark your calendar
for the final
mobile flu shot drive
at the Rec Center
on Thursday,
November 18th
from 4-6 p.m.*



Tobacco Update: New MU Smoking Policy *by Becky Michelsen*

On July 5th, Wisconsin's Smoke Free law went into effect. In order to make sure that University was in compliance with Wisconsin Act 12, "Smoke-Free Wisconsin," as well as to support campus health and safety, Marquette updated its own smoking policy which went into effect on July 1st. The new smoking policy states; smoking is prohibited in all university buildings and within 25 feet of all building entrances and balconies. The policy also prohibits smoking in parking structures and university-owned vehicles and prohibits designating any indoor location as a "smoking area."

Wisconsin's Statewide Smoke-Free Air Law went into effect July 5th. For legal compliance as well as campus health and safety, Marquette updated its own smoking policy, effective July 1st.

Voluntary compliance with the policy is emphasized. However, anyone observing someone who is smoking in a no-smoking area is encouraged to courteously inform the smoker that he/she is in violation of the university's smoking policy. Repeated violations by employees may be subject to the university's progressive disciplinary policy; by students to the university's student code of conduct.

Better Know A Peer Health Educator by Amy Melichar & Caitlin Hickmon



Caitlin Hickmon
2nd Year PHE
Senior, Biomedical Science
Bradford, Arkansas

“This position has strengthened who I am as a person, and I will carry these lessons with me for the rest of my life.”



February 2010—Caitlin (left) in her role as a PHE during an activity at the AMU.

The Peer Health Educators are an integral component of the Center for Health Education & Promotion’s mission. It is imperative that the students who contribute to the overall success of our campus health do so with professionalism, Jesuit ideals, innovation, and leadership. Caitlin Hickmon, a second year PHE, continues to demonstrate these core values at an elevated state. She brings significant experience and a positive attitude to the PHE team, and she is the featured Peer Health Educator in this publication of our newsletter.

Why did you become a PHE?

Before my freshman year at Marquette I worked as an Emergency Room Technician in a hospital back home. I fell in love with the medical field and knew that I wanted to experience every aspect of it before deciding what I wanted my future career to be. During my junior year I wanted to do an internship in the medical field. By interning with the Peer Health Educators I knew that I would get to see the preventative side of medicine, which was an aspect that I had not experienced before.

How have you put your PHE skills to work?

By being a PHE I have gained valuable leadership skills. These skills, in addition to the amazing resources on Marquette campus, have allowed me to feel comfortable in educating Marquette students about the resources that are open to them. I never hesitate to suggest a visit to the Student Health Services when a peer is sick or for a stu-

dent to visit the counseling center if something is bothering them and they need someone to talk to.

What have been some of your favorite PHE programming opportunities thus far?

Love Your Body Week – I really enjoyed encouraging people to love their body just the way it is. I feel that it is important for people to be happy with who they are and not focus on the way that society wants them to look. Everybody is beautiful! Spring Break Blitz 2010 – SBB is an amazing event packed into a small amount of time. Educating students about being safe no matter their spring break destination was important and fun. Plus, who doesn’t love a good Lost theme or goodie bags full of spring break treats?!

Stress Management/Yoga programs – Stress management is such an important part of campus life. If students cannot find an outlet for their stress they often crumble under pressure. I enjoy showing students different ways to relax.

What is the best advice that you have received as a Peer Health Educator?

The best advice that I have received is that it is important to take every potentially harmful threat seriously. You can never be 100% certain that a person is only threatening to harm themselves out of an attempt to get more attention. It is important to seek help for peers, even if you don’t think that they will carry out with their threat. It is better to speak up and help a friend than to stay silent and possibly lose a friend.

Do you feel that you’ve had notable leadership in your PHE role?

Yes. My favorite leadership role this semester comes from being a

part of the reformation of MU’s Tobacco Coalition. The group is being reformatted in order to be a more student-friendly group, where students can be major factors in Marquette’s policies and procedures pertaining to tobacco use. Being able to be a part of the laying down the foundation for future years in the Tobacco Coalition is exciting!

What has this experience meant to you?

My time as a PHE has been an incredible experience. As I go into my future in the medical field I will always carry with me the importance of preventative medicine. This position has strengthened who I am as a person and I will carry these lessons with me for the rest of my life.

A word from Amy Melichar, Caitlin’s supervisor:

Even though Caitlin has been with the Peer Health Education program for a relatively short amount of time, her contributions and growth have been tremendous. Her leadership, courage, and ‘can do’ attitude have been amazing to witness. She has flourished and is flourishing everyday in her role. It is rare that after only a semester and a half that I would call a Peer Health Educator a “veteran.” But I would indeed call Caitlin just that! She is truly a pleasure to have on staff.

PHE Program Spotlight: Decoding Your Dinner *by Becky Michelsen*



We have all been told that we should pay attention to food labels when grocery shopping and trying to eat healthier but do you really know what those food labels are telling you.

The Peer Health Educators can help you to learn about the science behind reading food labels with their outreach program “Decoding Your Dinner”. This program will help students understand food label terminology; how to calculate calories from fat, protein, and carbohydrates; and will provide information about serving sizes and how they fit into the food guide pyramid. Since this program is a little shorter, it is a great program to pair up with one of our other nutrition programs such as Nutrition ER (Eating Right).

Request this outreach program today by calling the Center for Health Education and Promotion at (414) 288-5217.

HAVEN Corner: Intimate Partner Violence *by Becky Michelsen*

HAVEN is a partnership of university departments and students committed to providing a safe and responsive environment for those affected by interpersonal violence, including sexual assault, relationship violence, and stalking.

HAVEN relies on its committed partnerships with community organizations and agencies in providing a comprehensive approach to community education and maintaining competent, confidential support services for survivors, and others affected by violence.

HAVEN members serve to:

- EDUCATE the campus community about violence and working together to maintain a safe, responsive environment
- INFORM the campus community about university and community resources for preventing and overcoming violence.



- SUPPORT survivors of violence in their journey toward healing.

Ways to get involved:

- Further educate yourself on the programs, services, and resources available to students through HAVEN
- Act as a good, informed resource for students
- Educate yourself and others about the issue of interpersonal violence. Invite HAVEN Network partners, VOICE members, or Peer Health Educators to your class, meeting, or residence hall floor for a program
- Listen to and support those af-

ected by violence. Finding a supportive and trusted resource is one of the most important ways that victims and survivors begin the healing process. Share information on university and community resources listed on the HAVEN website.

It is HAVEN's hope that our community becomes interested, educated and involved in the fight to stop this violence. As people who believe in the importance of becoming “men and women for others,” we have a responsibility to stand in solidarity with the victims and survivors of interpersonal violence, and help to heal the hearts broken by violence.

If you would like more information on becoming involved with HAVEN, please call (414) 288-5746, e-mail HAVEN@marquette.edu or visit our website (www.mu.edu/HAVEN).

Tobacco Coalition Update *by Becky Michelsen*

Marquette University's Tobacco Coalition has undergone a few changes this year. The coalition is now more student focused. Student members will educate others about the risks associated with tobacco use, educate about cessation services available both on and off campus, and educate students and staff about the new updated smoking policy on campus.

Faculty, staff and administrators also serve an important role to the Tobacco Coalition, which is why they have become an advisory board to the Tobacco Coalition. The advisory board receives regular updates about what the Coalition is working on and meets about one to two times per semester.

If you know of any students who would like to be part of the Tobacco Coalition or if you know of any faculty, staff or administrators who would like to serve on the Tobacco Coalition Advisory Board, please have them contact the Center for Health Education and Promotion at 288-5217.



The Peer Health Educators (PHEs) are a team of responsible student leaders who provide health-related programming and serve the Marquette community as health resources, in order to enhance the well being of their peers.

Know Your Resources: Peer Health Education *by Becky Michelsen*

The Peer Health Education program at Marquette University's Center for Health Education and Promotion facilitates discussion about health issues between, and among, MU students and their surrounding community.

The Peer Health Educators (PHEs) are a team of responsible student leaders who provide health-related programming and serve the Marquette community as health resources, in order to enhance the well being of their peers. Topics addressed by the PHEs include, but are not limited to: nutrition, self-esteem/body image, women's health, men's health, healthy relationships, stress management/relaxation, alcohol education, sexual assault, and credit card debt. The Peer Health Educators invite students to think critically about these and other health issues by raising questions, facilitating discussion, and disseminating health information. Peer Health Educators develop a multitude of skills, such as leadership, public speaking, goal setting, time management, team work, program planning and evaluation. All of these skills prove useful in life and future careers.

The 2010-11 Peer Health Educators:

Alyssa Davis
Senior, Psychology

Annie Kuser
Freshman, Corporate Communications

Brittany Davis
Sophomore, Social Welfare and Justice

Caitlin Hickmon
Senior, Biomedical Sciences

Kelly Roering
Senior, Biomedical Sciences

Kevin Nieves
Senior, Nursing

Laura England
Senior, Biomedical Science

Lauren Benjamin
Junior, Psychology

Lauren Stemper
Senior, Biomedical Sciences

Program Wrap-up: Great American Smokeout: CSI (Cigarette Smoke Investigation): Tobacco *by Becky Michelsen*

The American Cancer Society is marking the 35th Great American Smokeout on November 18 by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day.

Again this year, Marquette University will be hosting its own Great American Smokeout events. Events include:

Health Huts

- Nov. 17th - 18th, Stop by the 2nd floor lobby in the AMU between 11:00 am and 2:00 pm to learn more about how to quit or how to help a friend quit.

Sigma Chi - Sigs Against Cigs Grillout

- Nov. 17th, 11:00 am - 2:00 pm, Olin Overhang Join Sigma Chi Fraternity for a Great American Smokeout Grillout and pick up a "Quit Kit" to help with those first few steps to quitting.

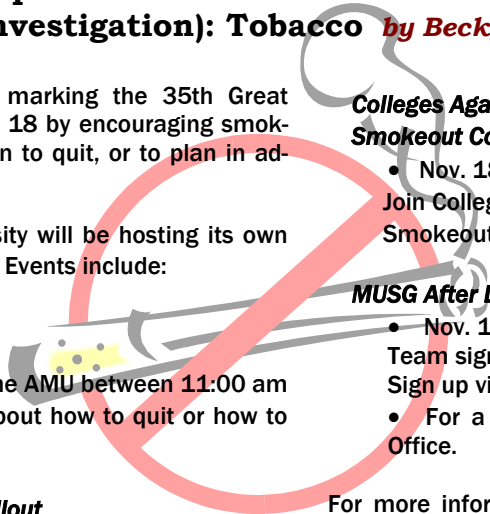
Colleges Against Cancer - Great American Smokeout Cookout

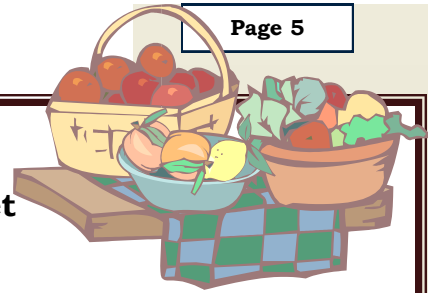
- Nov. 18th, 10:00 am - 2:00 pm, Raynor Bridge Join Colleges Against Cancer for a Great American Smokeout Cookout and "Cold Turkey" Bowling.

MUSG After Dark Dodgeball Tournament

- Nov. 19th, 9:00 pm, Helfaer Rec Center Team sign-up deadline: November 17th at noon Sign up via email: afterdarkdodgeball@gmail.com
- For a full list of rules and details visit the MUSG Office.

For more information about Great American Smokeout or cessation resources contact the Center for Health Education and Promotion at 288-5217.





Collaboration Spotlight: Farmer's Market *by Amy Melichar*

Thanks to the efforts of Tara Vandygriff and Derek Merten (Co-Commissioners of MUSG Special Events) for beginning the work and conversation to have Marquette University host its first ever fall Farmer's Market. Though there have been some great attempts in past years, this year's event ran seamlessly. Planning commenced, collaboration began, and the program came together well. Collaborators on the inaugural Farmer's Market included, but are not limited to: MUSG, Sodexo, Center for Health Education & Promotion, Residence Life, SEAC, Office of Sustainability, AMU, etc. Even the weather cooperated well!

Over 500 students and staff joined us all for an afternoon of shopping for locally grown fruits and vegetables, eating caramel apples, receiving nutrition education, etc. Watch your calendars. Plans are in the works to potentially offer multiple dates next fall!

Sex @ 7 *by Amy Melichar*

Did you know that the Center for Health Education & Promotion is offering an on-going series of programming called "Sex @ 7"? Provided one time each month, topics are focused on different aspects of sexual and reproductive health and will feature a variety of experts from around campus. Topics include, but are not limited to: women's health, men's health, STD/STIs, healthy relationships, sexual assault/sexual violence prevention, what the church says about sexuality, etc. Watch for up-to-date programmatic information on our website: <http://www.marquette.edu/healthed>

Welcome, Julie! *by Amy Melichar*

At the beginning of October, the Center for Health Education & Promotion welcomed our newest staff member, Julie Bach. Julie serves as Office Assistant and assists with the day to day management of the Center. Julie comes to us from the Marquette Neighborhood Health Center where she served as Office Coordinator. Before joining the Marquette University community, Julie worked in Care Coordination for Blue Cross Blue Shield, CompCare, and United Health Care. She is excited to now be with the Center for Health Education & Promotion to build on her base of health care knowledge within the University while changing her focus and work to the students. We are extremely excited that she is with us and look forward to great things ahead. Julie will probably be the first person you see upon entering the Center for Health Education & Promotion, so stop in and say "Hi!"



What's Happening?

November 2010 Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 GASO Planning Meeting Sex @ 7: Itchy & Scratchy	3	4	5	6
7	8	9 GASO Planning Meeting To Write Love On Her Arms— J. Tworkowski	10	11	12 Mexican Cuisine Cooking Class	13
14	15	16 GASO Planning Meeting Student Health Advisory Board	17 Great American Smokeout	18 Great American Smokeout "An Evening with Dr. Drew" Final mobile flu clinic	19 MUSG After Dark Dodgeball Tourney	20
21	22	23	24	25	26	27
28	29	30 Student Health Advisory Board meeting				

****For further details surrounding any of these events or meetings, visit our website at: <http://www.marquette.edu/healthed>**

December 2010 Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1		1 World AIDS Day	2	3	4
5	6	7	8	9	10	11
12	13 Stress Free Zones	14 Stress Free Zones	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	